7. A method for preparing the compound of claim 1, wherein when R_2 is $-C(=O)R_4$ and $R_1=R_4$, the preparation method comprises the following steps: reacting triptolide with an acylating agent, thereby obtaining a compound of formula II, and derivatizing the compound of formula II, thereby obtaining a compound of formula III, wherein the acylating agent is R_1COCl , R_1COBr or $R_1COOCOR_1$;